

Casemate

Spotlight
Event

U.S. Army Soldier Show

Wrapping up its 2004 season, the Soldier Show will give one of its final performances at Fort Monroe Nov. 9.

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Community Notice

Health officials stress flu prevention tips

Fort Monroe health officials continue to stress flu prevention tips in response to the ongoing vaccine shortage.

- Avoid close contact with others who are sick.

- Stay home when you are sick.

- Cover your mouth and nose with a tissue or your shirt sleeve when you cough or sneeze.

- Wash your hands with warm, soapy water often. Carry hand-sanitizing gel.

- Avoid touching your eyes, nose or mouth throughout the day.

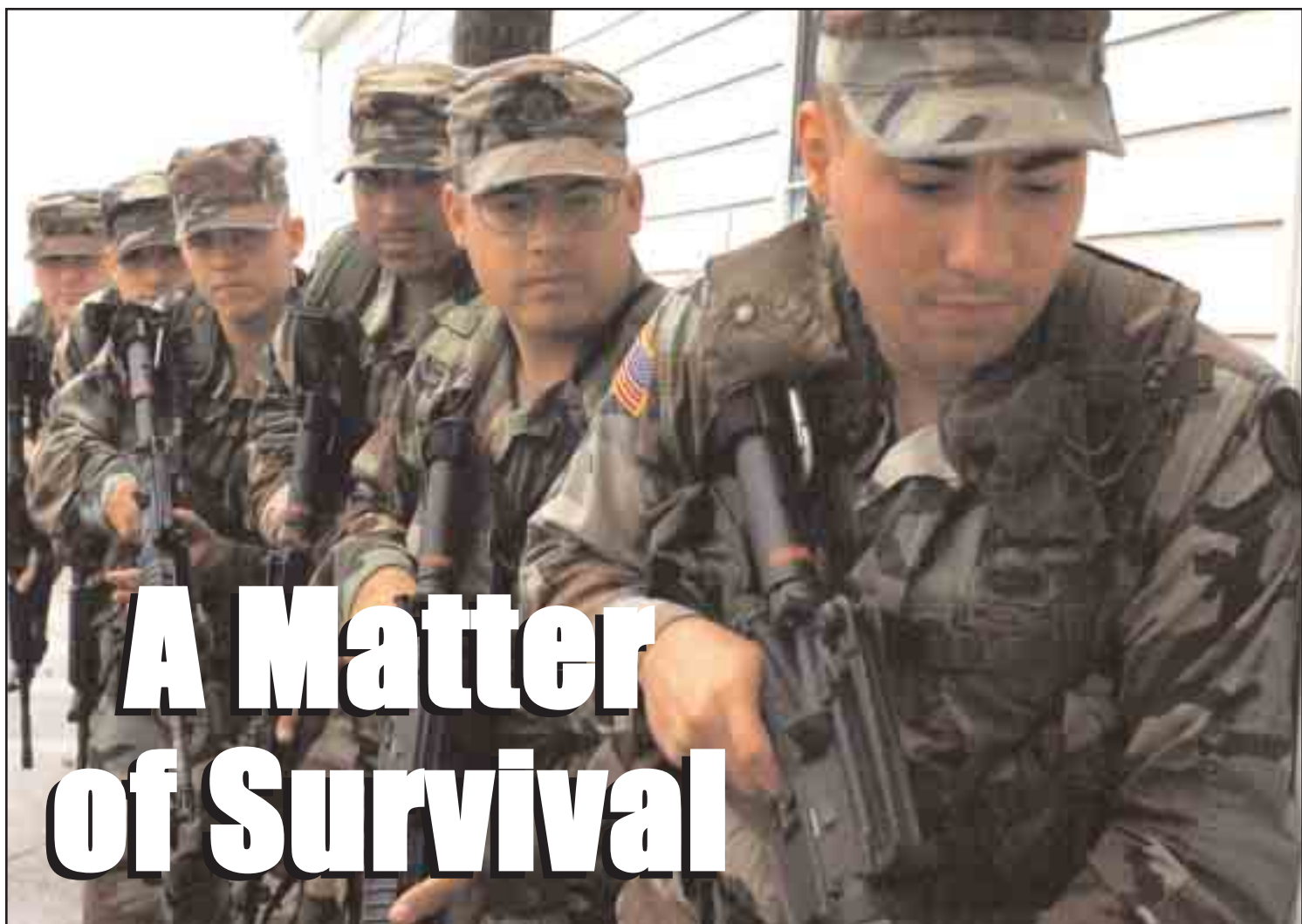


Photo by Matt Thomas

A squad of Soldiers from Fort Monroe's 233rd Military Police Detachment gets set for a forced entry drill here Oct. 20. The training was part of the detachment's preparations for an upcoming MOUT training exercise at Fort Pickett, south of Richmond.

Post MPs tackle urban war training

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

A tiny platoon of "Too Tough" Fort Monroe Soldiers is set to launch an unusual training mission Monday.

Troops from the 233rd Military Police Detachment here are scheduled to board Black Hawk helicopters and take a short flight to Fort Pickett – just south of Richmond – where they will engage opposing forces at an urban-warfare training site. The one-day exercise will resemble ongoing Global War on Terrorism operations to include non-combatant role players.

"This level of training is a first for the MPs at Fort Monroe," said Capt. Robert L. Barney, commander of the detachment that goes by the motto "Too Tough."

"And it's a sign of, hopefully, more demanding annual training events to come," the captain said, also noting that he would like to see future training iterations become more involved, to include a MOUT (mission operations in urban terrain) exercise that lasts several days and includes "lane"

"We're taking a more realistic approach to our troop training requirements."

Capt. Robert L. Barney

Commander, 233rd MP Detachment

training that emphasizes a broader range of combat survival skills.

"We're taking a more realistic approach to our troop training requirements," Barney said. "While maintaining those important primary tasks that suit the mission here at Fort Monroe, we're also looking one step beyond at what these troops may face if they were to be reassigned to a combat-ready brigade or even deployed directly to a hostile environment like Iraq or Afghanistan."

The MPs have spent the better part of the past two months preparing for this mission. Whenever there was a gap in their normal duties of providing force protection, traffic safety and crowd control for Fort Monroe, squad-

sized elements formed up for forced entry drills, SINGARS tactical radio training, hand-to-hand combat and other warfighting tasks.

"We're sort of at the crawl phase right now," Barney said. "It's more of a familiarization than a squad qualification that you might see in a combat unit. The goal at present is to build those basic skills that some of these Soldiers haven't performed in a while or others (new to the Army) haven't experienced at all."

"There's a fairly steep learning curve," Sgt. 1st Class Steven S. Healy, detachment first sergeant, said as his troops nearby recounted the crowning moments of a recently completed hand-to-hand combat session. "When we first did this drill (hand-to-hand), for instance, the Soldiers would basically wrestle with each other until they got tired ... they weren't applying the techniques they were taught. But, as you saw today, they're now going for those pressure points and forcing their opponent to submit."

See MP TRAINING, Page 10

"For you, O God, test us; you refine us like silver." Psalm 66:10

Is marriage a crucible?

"Now that you are married, you are in a crucible."

That was the comment a friend of mine made to me when I was first wed, and I immediately thought back to a Family Life Conference I attended in Colorado Springs, Colo., in which the word "crucible" was one of the many challenging terms the speaker chose to use throughout the week.

I have given much thought to the word crucible and I have asked myself, how is it that marriage can be a crucible? The "New Merriam-Webster Dictionary" defines the word as, "a heat-resistant container in which material can be subjected to great heat." In human terms, this is like a trial or testing where a person undergoes great physical or mental stress.

One example is found in the book of Genesis. The

Chaplain's Corner



Lt. Col. Wilbert Harrison
Post Chaplain

story is told of Abraham who was told by God to offer his son Isaac upon the altar as a sacrifice (Genesis 22:1-14). The scripture states that God tested Abraham. However, the question is often asked, "Why did God test Abraham, when God knew the outcome of Abraham's choice?"

Some would argue that

God did it to get joy out of seeing a human suffer. Others state that God wanted to see if Abraham was loyal. Since Abraham passed the test, he proved his love and loyalty to God.

I don't believe that God tested Abraham to see what kind of love and loyalty he had for Him. God knew all about Abraham just as He knows about each of us. The test for Abraham was for his own benefit. He needed to know how he would respond under severe testing. Attitude has a lot to do with the results of how we handle disappointments and testing. Abraham didn't know he could be loyal to God. Maybe, like many of us he thought that real loyalty is in words.

Abraham needed to know that real loyalty and love will always be tested. It was not enough for Abraham to say he loved God. God wanted him to show it!

This is precisely what the crucible does for any of us. It lets us see ourselves for who we are. It lets us know where our love and loyalty lie. Marriage is a crucible because it brings out the real person and, in the crucible there is no pretending. The real you will surface for disclosure. The test will always produce the results of who we are.

What kind of testing are you undergoing these days? It could be a marriage, incurable illness, recent death of someone special, or any number of things where there is extreme pain and frustration. Whatever it is, God is there with you! In Psalm 66:10-12 it reads, "For you, O God, test us; you refine us like silver. You brought us into prison and laid burdens on our backs. You let men ride over our heads; we went through fire and water, but you brought us to a place of

abundance." God's purpose is always to refine us so that we can experience the abundance of His love and grace.

The speaker at the conference made this remarkable statement, "God made marriage as a crucible. Marriage is one of God's ways of helping us to see ourselves for who we are. Marriage is also a discovery of ourselves and our relationship to God. Without these crucibles, we could never understand how much God loves and cares for us even when we cannot measure up to what we ought to be.

God is trying to get the best out of us and if God's design for marriage is to get the best from us, we can discover God's abundance of love and patience as we learn loyalty and love in our relationships. Is your marriage a "crucible?" Is it God's way of refining you?

"The conference needs to be two-way communication — don't be defensive."

Parent-teacher talks important at all grade levels

The parent-teacher conference can be an extremely valuable information tool for military families — especially those who have experienced multiple geographic relocations and school system changes for their children.

These meetings are a chance to communicate with the individual who spends as many as seven hours a day schooling your children. It's an opportunity to learn about new curriculum and new classroom procedures that may not have been the same at your last duty station.

Parent-teacher conferences shouldn't be considered daunting, dreaded or intimidating to the parent, student or teacher. Think

Community Spotlight



Charlie French
Monroe School Liaison Officer

of these sessions as an exploration of your child's strengths, possible areas of weakness and ways to help your child improve.

To make the parent-teacher conference more successful, arrive on time

and bring a written list of questions so you do not forget to voice a particular issue.

Teachers want to make the most of your visit as well. The conference needs to be two-way communication — don't be defensive and try to realize that your child may exhibit different behaviors at school than at home.

If you've relocated within the past year or two, first re-familiarize yourself with the classes and curriculum used at your child's previous school. Knowing this information may be very helpful to your child's present teacher, even though you may have discussed this with the guidance office when you registered your child for classes. Try to be

aware of any overlaps or gaps between systems and schools.

If not offered, ask for examples of your child's work to document the teacher's statements. It's important to discuss specific strengths of your child as a learner and to ask the teacher for specific ways in which you can help at home.

Help set specific goals for your child for the next grading period as well as any state-required assessments (SOL's in Virginia) they will need to meet at the end of the year.

Remember, not only you and your child, but teachers and the school also benefit considerably from parent interest and concern in the student's development. Most teachers now welcome

the use of parent communication via e-mail. Ask the teacher for his or her e-mail address, and don't hesitate to continue your dialog about classroom curriculum, assignments, or even social adjustment problems if they are affecting classroom learning.

After the conference, be sure to share with your child what the teacher reports and remember that, as a parent, you are the most important person in your child's life. Give your child a hug and reassurance following the conference.

Furthermore, it should be known that parent-teacher conferences are not limited to grades K-5. Middle and high school parent-teacher conferences are equally important if not more.

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Army brings 'Heart of a Soldier' to Monroe

Wrapping up a seven-month tour that crossed four continents and reached more than 50 military installations and camps around the world, the U.S. Army Soldier Show is coming to the Fort Monroe Theater, Nov. 9, at 2 p.m., for one of its last performances of the 2004 season.

The show is free and open to the public.

The theme of this year's show is "The Heart of a Soldier," which addresses the realities of communication between deployed Soldiers and their loved ones. Few, if any, U.S. Army Soldier Shows in the past have woven a storyline quite like this year's emotional rendition, according to program director Victor Hurtado.

From letters to cellular telephone calls to e-mails, this is a song-and-dance display of how Soldiers touch base with home from the Global War on Terrorism – communications from the front lines and beyond, Hurtado explained.

"I hate to give too much of it away," Hurtado said. "It's still going to be a fun and energetic show, but the gist of the story ... does put a lot of focus on deployments."

Just prepare to have your heartstrings tested, Hurtado warns. The show even explores the telepathic energy that exists between Soldiers and their loved ones as they ponder when or if their hero will return. Songs originate from both sides of the issue, focusing on the significance one life can project upon so many.

Country, rock, pop, gospel, rhythm and blues, Latin and "'80s' hair-band rock," as Hurtado calls it, are intertwined throughout the show, including the works of Prince, ABBA and Outkast. Hurtado said the show "moves really quickly" and won't exceed 90 minutes.

He said military members and families will easily relate to the plot of this year's show while the general public should also be entertained and educated.

"I think it's important to humanize our Soldiers to the American public, and what it takes to fight for America," said Hurtado, who performed in the Army Soldier Show while on active duty from 1986 through '89 and served 1990-92 as tour manager and assistant director. "I don't



Photo by Tim Hipps, USACFSC Public Affairs

Pfc. Heather Jenkins of Fort Drum, N.Y., and Staff Sgt. Charles Howard of Larson Barracks, Germany, stand front and center for the finale of the 2004 U.S. Army Soldier Show.

know that my mentality would've been the same if I hadn't been a Soldier myself. I don't think I would have had the sensibility to put this kind of show together."

Hurtado expresses great confidence in the cast, which includes active duty, National Guard and Reserve Component Soldiers who vary in rank from private first class to first lieutenant. Eighteen performers, including a drummer, were selected from 138 Soldiers who auditioned for the show.

"This group has a fairly phenomenal set of instruments – of raw voices, of tongue, of intensity, of character, of attitude," he said. "They have the ability to have fun, but then lock into seriousness and focus. There are a lot of characters in the show, and I'm using their character."

"If I had one word for this cast, they're fearless – completely and utterly trusting of me, and

fearless. And that, more than any kind of talent, is an incredible asset for a director to have."

Dennis Buck has been the show's musical director since he was a Soldier in Third Army. Spc. Joey Beebe, Hurtado's right-hand man, is the associate producer in his fourth season. Broadway performer and acclaimed choreographer Tanya Gibson-Clark also returns.

The cast continues the tradition of "entertainment for the Soldier, by the Soldier" established during World War I by Irving Berlin. He wrote the first U.S. Army Soldier Show while on active duty in 1918 at Camp Upton, Long Island, N.Y.

During World War II, he created another Soldier Show for Broadway: "This is the Army." At the request of General Dwight D. Eisenhower, the show toured for three years, performing for troops stationed in Europe and the Pacific.

(Tim Hipps of the U.S. Army Community and Family Support Center contributed to this story.)



Photo by Patricia Radcliffe

(l-r) Cpl. Justin Klotz, Col. Perry D. Allmendinger, garrison commander, and Staff Sgt. John Bartram establish a Toys for Tots collection point at the Post Exchange Monday.

TRADOC, Monroe join 2004 Toys for Tots drive

The local Marine Corps Reserve Unit in Newport News has kicked off the 2004 Toys for Tots Campaign.

This is the 57th year for the program, which has helped thousands of under-privileged children in the Peninsula area. Without the annual effort, the kids would have received few if any gifts come Christmastime.

For the past six years, Fort Monroe has been an enthusiastic contributor to the local Toys for Tots program, and can be credited with an appreciable percentage of the total toys collected by the Marines on the Peninsula.

"I have always found that Fort Monroe never ceases to amaze me by digging deep and helping the children in our community," said Phebe Morrow, program coordinator for the installation.

Morrow invites all units, office groups and staff directorates on post to join in supporting the program by collecting new, unwrapped toys and placing them in one of the collection boxes distributed across post or

arranging for a large donation pickup.

"By far, the most successful means of collection is during holiday office parties, however, individual donations at a central office collection point has also been very successful," she said.

Cash donations may also be made to the Toys for Tots program. Check contributions should be made payable to the "Toys for Tots Foundation."

For more information about the Monroe program, dropbox locations or to arrange for a toy pick-up, contact Morrow at 788-2729.

All donations must be made by Dec. 13. Participants are asked not to donate toy weapons, toys containing liquids or clothing.

There is a particular need for toys specifically suited for older children, ages 10 to 14.

The 2003 Toys for Tots campaign was the most successful in its 56-year history with more than 15 million toys distributed to 6.5 million needy children in 456 communities in the U.S., and Puerto Rico.

Eustis welcomes area Soldiers to annual education fair

The Army Continuing Education System will observe American Education Week Nov. 14 through 20. In support of the event, the Army Education Center, Fort Eustis, is sponsoring an Education Fair on Nov. 17 from 10 a.m. to 2 p.m.

The theme of this year's observance is "Educating the American Soldier - Guardians of the American Dream!"

"We believe this theme acknowledges those who keep us safe so that we can all maintain the American dream," a Eustis education center official said. "Our goal is to vigorously promote life-long learning opportunities by providing and managing quality self-development programs for our Soldiers, family members, other branches, retirees and government civilians."

The fair will be held at 1500 Madison Avenue on Eustis. More than 20 education institutions are participating including Averett College, ECPI College of Technology, Medical Careers Institute, Tidewater Community College, Troy State University, the Florida Institute of Technology, Embry Riddle Aeronautical University, and Kee Business College.

4X12
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Spotlight
Event

Monroe members join
Capitol Tree celebration

Several members of the Fort Monroe community will be part of the official welcoming ceremony for the National Capitol Holiday Tree as it makes a stop in Hampton, Va., Nov. 16 at 6 p.m., before continuing on its way to Washington, D.C.

A selection of holiday music performed by an ensemble from The U.S. Continental Army Band and the Bethel Temple Children's Choir is among the planned entertainment for the evening's festivities. Two Fort Monroe children will also present a handcrafted ornament — created by local school children — for the tree.

The Hampton visit will take place in the parking area adjacent to the Bass Pro Shops Outdoor World, 1972 Power Plant Parkway. In the event of inclement weather, the ceremony will be moved inside the store. For more information about the event, call 727-8311. To read more about the holiday tree, visit capitolholidaytree.org.

2X2
AD

2X5
AD

Fort Monroe Blood Drive - Nov. 10, 9 a.m. to 3 p.m., CAC
To check updated eligibility criteria, visit www.redcross.org/midatlanticblood

Toy R Us honors military

A toy store all to yourself ... how many kids have had that dream?

Well, now it's going to happen — sort of — as the Toys R Us outlets in Hampton and Newport News host military appreciation night, Nov. 28, from 6:30 to 9:30 p.m.

During the event, the stores on Mercury Boulevard and Jefferson Avenue will be open to military ID card holders only (to include retirees). The stores will give away a myriad of door prizes ranging from games and dolls to bicycles and a Game Cube gaming station.

There will also be surprise visits from a few mystery guests, store-mascot Geoffrey and Santa. Moms and dads can also enjoy savings of up to 50 percent on selected items.

To assist the stores with planning for refreshments and staffing, participants are asked to RSVP well in advance via e-mail. The address is comingtohampton@cox.net for those eyeing the Hampton store, and comingtonewportnews@cox.net for those considering the Jefferson Avenue store.

TUSCAB among concert lineup

Musicians from The U.S. Continental Army Band will be among the featured entertainers Monday at Norfolk's Chrysler Hall as the Commander of U.S. Joint Forces Command hosts "A Salute to Veterans" concert beginning at 3 p.m.

The concert will also feature performances by members of the U.S. Air Force Heritage of America Band, based at Langley AFB; the U.S. Coast

Guard Band from New London, Conn.; the U.S. Atlantic Fleet Band from Norfolk; and the Marine detachment from the Armed Forces School of Music.

The theme for this year's concert is "Celebrate America," in honor of past veterans, those currently returning from Operation Iraqi Freedom, and those still fighting the Global War on Terrorism.

The concert is free and open to the public, but only ticket-holders are guaranteed seating. Tickets may be picked up at the TUSCAB building, 10 Bernard Road, inside the moat. Those without tickets will be admitted at 2:45 p.m., on a space available basis. Updates are available at TUSCAB's concert information line — 788-3620.

Golden opportunity

The dinner buffet at Golden Corral will be free for military personnel past and present Nov. 15 from 5 to 9 p.m.

This is the fourth consecutive year Golden Corral restaurants nationwide have sponsored this special evening. An estimated 252,000 veterans participated in last year's event.

The offer is based on the honor system — no IDs are required. Members of the National Guard and Reservists are welcome. Representatives of the Disabled American Veterans Organization will be on hand to distribute literature about their group and accept donations.

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Visit us online at www.monroe.army.mil/casemate

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2 X 5
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4 X 10
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Civilian Personnel Update

‘Tis the season to ... lose your leave?

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

They’re pretty high on the list of most dreaded words a government employee doesn’t want to hear.

You’ve lost leave.

Each January, quite a few Fort Monroe employees are deprived of their excess paid vacation days. The exact number of hours that were lost locally during the last go-round at the end of 2003 is not known, according to Kim Rhoades, a human resources specialist at the Civilian Personnel Assistance Center. But experience tells her the total was “up there.”

“What’s really unfortunate is that a lot of that leave could have been donated to another employee in the system,” Rhoades said. “That’s one of the reasons that we try to encourage our folks to manage their leave just as carefully as other payday matters.”

With a few exceptions, most employees “max out” their accrued leave at the 240-hour mark. Excess hours are clearly annotated on each employee’s bi-weekly pay statement.

“If you have use-or-lose time, I strongly recommend that you submit a leave request by the Nov. 28

pay period,” Rhoades said. “That way, if for some unforeseen reason you aren’t able to actually use the leave due to mission, you can submit a request for the leave to be restored after Jan. 10.”

Conversely, if time off is just out of the question right now because of your work schedule, etc., or if you have way more excess accrued leave

“There’s no reason why you can’t plan out your vacation time over the next year and work toward those well-deserved breaks.”

KIM RHOADES
HUMAN RESOURCES SPECIALIST

than the remaining weeks of the year can accommodate, you might want to consider donating that time to another employee in the system.

Donated leave can be “targeted” for a specific employee at Fort Monroe or any other installation that participates. The recipients of that leave, as most employees know, are individuals who are usually experi-

encing some sort of medical or family emergency that’s keeping them off the job site.

Last year, Monroe employees contributed 1,695 hours to the donated leave program, with 1,543 hours going to individuals here on post, according to the CPAC Web site. A single word, “WOW,” sits atop the Web listing along with a note of thanks to those who donated leave.

“That’s such an important program,” Rhoades said. “Participating employees should feel very good about any excess leave they contribute to that effort.

“I know of one example locally where an employee has had to take time off to care for her sick child and used up every bit of the sick leave she was allowed as well as the regular leave,” she continued. “So the donated leave she received was really very much needed and appreciated ... it helped eliminate some of the worry and provided comfort in knowing she could take care of her family.”

It’s those sorts of stories, Rhoades said, that have motivated local CPAC officials to consider implementation of a “leave bank” where all lost hours would go automatical-

ly. City employees in nearby Poquoson already have a similar program in place, and one of them described it as “comforting,” because they know they can draw from it if they’re struck with a serious illness. If implemented, more information about the program will appear in a future edition of the Casemate.

“All in all, I think the best advice I can give to fellow employees is to watch your pay statement closely as it lists the specific date when you will max out your accrued leave,” Rhoades said. “And think ahead ... there’s no reason why you can’t plan out your vacation time over the next year and work toward those well-deserved breaks.”

Rhoades has even created a handy spreadsheet for planning annual leave and monitoring excess amounts. The document can be found on the CPAC website by following the “leave” link.

“If anyone has any questions about lost leave, or the current open seasons for Federal Health Benefits and the Thrift Savings Plan, give us a call,” Rhoades said. “An important part of our mission is to make sure you fully understand these programs and make them work for you.”

6X7
AD

Byrnes examines future, TRADOC's role at AUSA

BY HUGH C. LAUGHLIN
TRADOC NEWS SERVICE

WASHINGTON – “Today we are emphasizing the critical task at hand – preparing young men and women for war,” said Gen. Kevin P. Byrnes during his major command presentation Oct. 27 at the AUSA annual meeting here.

Byrnes, commanding general for U.S. Army TRADOC, discussed ongoing activities and the way ahead for his command — focusing particularly on the three TRADOC mission areas: recruiting, training and design of the future force.

Byrnes said TRADOC is undertaking major efforts to anticipate the future while responding to the unexpected.

The all-volunteer Army continues to attract and enlist high-quality individuals for both the enlisted and officer ranks, added the general noting that the Army has met its recruiting goals for the fifth consecutive year.

The Army is expected to grow by 30,000 Soldiers between now and 2006. Byrnes emphasized that quality recruiting and rigorous training will continue as the training base

expands to accept the increased load.

His example of the quality of training was Pfc. Christopher Fernandez, who, only nine months after graduating from advanced individual training, was on patrol in Baghdad when his unit was ambushed on May 5, 2004. When the patrol came under heavy small-arms fire, there was also an explosion that disabled the rear vehicle and killed two Soldiers while injuring five. Fernandez left the relative safety of his vehicle to retrieve an M-240B machine gun from the disabled vehicle.

The handguards of the machine-gun's barrel were blown off in the explosion. Nonetheless, Fernandez provided a great volume of fire so the five wounded Soldiers could be evacuated. Despite suffering burns on his hands, Fernandez continued firing for 10 minutes. His exemplary actions earned Fernandez a Silver Star for valor.

A redesigned nine-week basic combat training program provides new Soldiers with significantly increased rigor while providing reinforced and sustained combat

training as they move into AIT, according to Byrnes.

"America's military is the most visible representation of our nation's ideals and values," Byrnes said. TRADOC's best noncommissioned officers – drill sergeants – teach those values to new Soldiers.

Based on leader lessons and skill-specific lessons learned in conflict, the Noncommissioned Officer Education System currently provides the necessary training for small-unit troop leadership.

The Basic Officer Leadership Course is designed to provide foundational combat-focused leadership instruction both before and after commissioning, Byrnes added.

Illustrating some of the complex operational environments set up to provide collective training, Byrnes talked about the National Training Center, the Joint Readiness Training Center and the Battle Command Training Program.

These parts of the institutional training base will continue to be infused with operational insights, providing mentally agile leaders, he added.

Byrnes also elaborated on experi-

mentation efforts with U.S. Joint Forces Command, exploring concept development and sharing lessons learned, explaining that Joint training initiatives, coupled with emerging doctrine and operational concepts, are part of changing our service culture.

To provide combatant commanders with capable, modular forces, Byrnes recognized the need to improve the current capabilities of all Soldiers, and specifically improve lethality, survivability, mobility, sustainment and battle-command situational awareness.

To complement the Soldier as a system, Byrnes said TRADOC is committed to the Future Combat System and implementing selected capabilities into the current force.

Looking forward, Byrnes described some of the challenges TRADOC will face in the coming year, such as keeping training and leader development current; maintaining a balance between current and future force development; and changing peacetime thinking, systems and processes to better support Soldiers fighting in the Global War on Terrorism.

4X8 AD

2X4.5 AD

Student Spotlight

It was only coincidental that two boys who have been friends since the 5th grade were picked for the same conference.

Post youths attend D.C. national conference

BY BELINDA BAKER
CASEMATE STAFF WRITER

Two Fort Monroe youths were among the 200 middle school students from across the nation who participated in the Junior National Young Leaders Conference this week in Washington, D.C.

During the five-day forum, Frank Miller Jr., 12, and Nathan Clapsaddle, 11, visited historic landmarks in the nation's capitol and toured Mount Vernon, Williamsburg, Jamestown and Yorktown. They were also treated to a round of presentations and educational activities that, among other things, examined the impact of leadership throughout key periods of American history.

The young leaders conference also provides its participants an opportunity to discuss current events and issues with top policy makers in Washington, according to the program's Web site.

Miller and Clapsaddle said they view the conference as a "milestone," and that they believe the experience has shown them what is necessary to become effective leaders in the future. The program also increased their desire to better themselves overall.

Miller is chronicling the past week's events in an English class report to share with his peers at Jones Magnet Middle School. Clapsaddle said he plans to do the same while also making sure to practice what he learned at the seminar to set an example for his classmates at St. Mary Star of the Sea.

It was only coincidental that two boys who have been friends since the 5th grade were picked for the same conference. Miller and Clapsaddle epitomize the saying, "birds of a feather flock together." Both are aspiring honor roll students who also participate in scouting and church youth group activities.



Photo by Belinda Baker

Frank Miller Jr., 12, hangs out with good friend Nathan Clapsaddle, 11, at his quarters on Fort Monroe. Both boys participated in the recent Junior National Young Leaders Conference in D.C.

A 7th grader, Miller takes full advantage of clubs and organizations at school. He said his favorite activity is the broadcast news team where he wears many hats — going from co-anchor to camera operator with ease. The 12-year-old is also handy in the control booth taking extra care to ensure that the daily announcements are smoothly televised.

He flashed a wide grin when he pointed out that membership in the math and science clubs are also high on his list of favorite

activities. Given that, Miller said he is considering a career involving computers, or he might opt for the engineering field due to an interest being sparked by his membership in CHROME or Cooperating Hampton Roads Organization for Minorities in Engineering.

And, as if his time wasn't spread thin enough, Miller is also a music enthusiast. He's been playing piano for four years and continues to take lessons. Boy Scout Troop 84 sponsored by Gloria Dei Lutheran Church, Builders

Club membership and participation in Right of Passage Experience Theater keep him busy as well.

But wait, there's more. Miller is also an altar server and youth choir member at St. Rose of Lima where he attends with his parents, Lt. Col. Frank and Bernadette Miller.

As for Clapsaddle, the word versatile aptly describes the 11-year-old. He might be a rough and tumble jock on one hand, playing basketball and baseball with teams on post or hitting the soccer field with his teammates at school. Take a second glance and you'll find him playing violin with the Peninsula Youth Orchestra Symposia. He was concertmaster last year.

The 7th grader also has a serious side that focuses on civic involvement with Boy Scout Troop 31 here. Having been recently elevated to 2nd class scout, Clapsaddle said scouting gives him an opportunity to build character and understand the virtues of citizenship, among other things.

Since offerings at St. Mary do not include clubs traditionally found in school, Clapsaddle immerses himself in academics. His main objective this term is to make the Junior National Honor Society and he practically beamed upon noting that civics is one of his pet subjects.

"Learning about how our Founding Fathers came up with the Declaration of Independence and the Constitution of the United States is awesome ... The things they've done are just incredible considering that they split off from England. They built a government from scratch," he said.

A preschooler when he arrived at Fort Monroe with his parents Col. Ben and Nancy Clapsaddle, the young man has certainly come a long way. He hopes to someday become a lawyer.

Holiday program features free rooms for families

Fort Monroe enlisted Soldiers, staff sergeant and below, who cannot go home for Christmas can take part in the annual Peninsula Military Holiday Rooms Program, which provides free lodging for immediate family members.

Families can have a reserved room at a participating hotel starting at 3 p.m., Dec. 24, until checkout at noon, Dec. 27.

The Military Affairs Council of the Virginia Peninsula Chamber of Commerce and its member innkeepers sponsor the Holiday Rooms Program. The initiative is intended to provide one room per enlisted person on a first-come, first-served basis.

Rooms are double bed, double occupancy, for use by no more than five people. Additional services, such as cots or cribs, must be coordinated by the service member through the participating hotel.

The Fort Monroe Public Affairs Office will coordinate lodging requirements for enlisted personnel at this installation only. PAO can also assist with the registration form required for the program.

Participants are reminded that they only need to fill out Part 1 of the Holiday Room registration form and return it to the Fort Monroe PAO no later than Dec. 1.

Part II of the registration form will be completed by PAO upon confirmation of a room reservation being made by a participating hotel. Forms will be returned to Soldiers on or around Dec. 10.

Forms are available at the Fort Monroe PAO, the HHC orderly room and command sergeants majors' offices throughout the installation and via command e-mail notices.

For more information, call Earl Richards at 788-3205.

Look for a listing of Fort Monroe Christmas activities in the next issue of the Casemate!

A Matter of Survival

MP TRAINING Continued from Page 1

That's what we want."

Also making note of today's "in-your-face" warfighting environment, Healy said Army leaders are pushing tougher training requirements that build warriors first and highly specialized technical experts second.

"I see it as a matter of survival," the first sergeant said. "Anyone who has been following ongoing operations in Iraq or Afghanistan knows that modern warfare has moved into an urban environment where the enemy is closer than he has ever been. We can't ignore that fact. We have to build those combative skills our Soldiers may need one day."

That train of thought should sound quite familiar to a lot of folks at Fort Monroe, as Headquarters TRADOC led a recent push by the Army's top brass to re-establish a "Warrior Ethos" among Soldiers. As a result, more Soldiers will see regularly scheduled combat-related training, even at installations that were once considered "non-deployable."

"We've received tremendous support from the local command," Barney noted. "And that has been a big help considering nothing like this has been done before locally, which meant we had to scrounge for a

lot of the items we needed to accomplish the training. As we move forward, I'm hoping more equipment will already be on hand to make the logistics part of it easier."

As for the response by participating Soldiers in this new training regimen, the 233rd leadership reported excitement and enthusiasm among their ranks.

"This is huge for us," said Staff Sgt. Jimmy R. Wathen, a detachment squad leader. "It's an opportunity to do more of those things we actually signed up for (when joining the Army)."

"You especially see the excitement in our new Soldiers," he added. "The routine here can be a little disheartening to someone who signed up for the true Army MP experience. This gives them a little taste of the bigger picture."

The training has also had an effect on squad cohesion, Wathen noted. "When you only conduct security and traffic patrols day in and day out, you might work with maybe one or two other Soldiers on a routine basis ... I didn't even know some of these guys when we started this training," he said.

"This is a situation where you learn what it means to have someone watching your back."



Photo by Patrick Buffett

Staff Sgt. Jimmy R. Wathen of the 233rd Military Police Detachment discusses effective fighting techniques during an Oct. 29 hand-to-hand combat drill. As part of the training, the troops also learned to use sensitive pressure points to subdue an attacker.



Photos above and below right by Matt Thomas. Photo left and center by Patrick Buffett



Photo far left: Spc. Christopher Smith, bottom, and Sgt. Wade Roit engage in hand-to-hand combat Oct. 29. Photo center left: Sgt. Roit awaits the signal to move toward a simulated helicopter setup to teach troops safe boarding and dismounting techniques. Photo left: Spc. Stephen Worthley leads the way into a building during a forced entry drill Oct. 20. Photo above: Spc. Spc. George Whalen scans for enemy activity as Spc. Christopher James moves into position.



Post runners ‘represent’ at Army race

Nineteen members of the Fort Monroe running team were among the 13,017 competitors who completed the 2004 Army 10-miler Oct. 24 in Washington, D.C.

Divided into three groups, the Fort Monroe runners brought home second place trophies for the “civilian masters mixed” and “military mas-

ters mixed” categories.

“Against tough competition in the ‘military open mixed’ category, our third team ran 38 minutes faster this year and placed twenty-third out of ninety-nine teams,” said Dale M. Abrahamson, team coordinator.

Two “civilian masters mixed” team members

also placed in their age group. Tom Ray finished second among the age 70-74 runners with a time of 80:04 and Abrahamson finished fourth in the male 55-59 age group with a time of 64:47.

The team and individual statistics are as follows:



Fort Monroe team participants of the 2004 Army 10-miler display some of the awards they won during the Oct. 24 race. Pictured are: front row, l-r, Dennis Manske, Col. Jody Draves, Sgt. Melinda Braithwaite and John DiCarlo; second row, l-r, Capt. Eric Hanson, Lt. Col. Mark Carper, Capt. Veronica Magnotto, Lt. Col. J. Matt Lissner and Steve Guthrie; third row, l-r, Dale Abrahamson, Lt. Col. Paul Cal, Lt. Col. David Glover, Maj. Tony Campbell and Capt. John Griese.

DivPI #2 CIVILIAN - Masters Mixed – Moat Evaders				
Team Score: 4:35:05				
Name	Age	Place	DivPI	Time
Dale Abrahamson*	55	408	4	1:04:47
John Dicarlo	55	789	10	1:09:08
Dennis Manske	58	843	12	1:09:36
Pamela Lovett	42	1094	17	1:11:33
Bruce Easterson	41	856	127	1:09:44
Steven Guthrie	50	1301	33	1:13:10
Laurel Easterson	47	1764	8	1:15:47
Tom Ray	71	2704	2	1:20:04

DivPI #2 MILITARY - Masters Mixed - Moat Evaders				
Team Score: 4:23:01				
Name	Age	Place	DivPI	Time
John Mark Carper*	46	176	10	59:59
Don Wagner	45	448	32	1:05:24
Brian Demeyere,	47	582	50	1:07:39
Paul Cal	41	1598	244	1:14:51
David Glover	45			1:17:59
Jody Draves,	46	2439	17	1:19:03

DivPI #23 MILITARY – Open Mixed – Fort Monroe Mixed				
Team Score: 4:58:11				
Name	Age	Place	DivPI	Time
Tony Campbell	38	3503	573	1:23:06
Jon Griese	31	629	92	1:07:36
Eric Hanson	28	869	119	1:09:49
Veronica Magnotto	36	2124	51	1:17:39
Melinda Braithwaite		9612		1:42:30

*Denotes team captains

The team will resume training in January. Contact any team captain for details.

‘Night Hoops’ makes triumphant return to Monroe

BY BELINDA BAKER
CASEMATE STAFF WRITER

What started as a sport to keep inner-city kids off the streets and out of trouble has grown into a national program that continues to stress fitness, good sportsmanship and fun for all.

It’s after-hours basketball, and it has made a triumphant return to Fort Monroe Youth Services.

Called Night Hoops, the re-energized program was sparked by an “overwhelming outcry” from local teenagers enrolled in youth services, according to Mike Jones, Youth Sports and Fitness director.

“(Post teens) always want to stay later than 9 p.m. when we close,” Jones said. “Most of the time we practically have to run them out of the building. This program gives them an opportunity to occasionally stay until midnight and play ball ... we do it because it’s what they wanted.

“Plus, it’s a safe haven that keeps them out of trouble when they would otherwise have nothing

to do,” Jones added.

Geared toward boys and girls ages 13 to 17, Night Hoops runs one Friday a month or every other month starting at 8 p.m. Two five-member teams square off in 10-minute games throughout the night. Individuals with the most points stay on the floor and those with fewer points hit the bleachers to await new games, he explained.

The activity is free and Fort Monroe teens can invite guests from off post.

“By allowing our kids to invite a friend from school or wherever, I feel like we’re giving back to the community,” Jones said. “The program is a definite plus in that sense. Normally guests must pay \$2 for YS activities.”

Night Hoops also has a cure for after-hour munchies. Participants can kick in \$3 each for a share of hot, freshly delivered pizza.

Although the program is youth-oriented, parents come to play periodically. However, they are limited

to two games, said Jones. Parents enhance the program by serving as referees and helping staff to keep things running smoothly.

Night Hoops is not unique to Fort Monroe, Jones noted. Teens here compete against those from Fort Eustis and Langley Air Force Base. The most recent games took place on Monroe in late October and the next round is tentatively scheduled for December.

“One of the things I think the kids enjoy most is playing kids from other installations,” he said. “They really get a chance to show off their skills. And it’s great that Youth Services can give our kids an opportunity like this to meet and socialize with other youths on the Peninsula.”

Another of the program’s benefits is the fact that all levels of ball players are represented. Participants get a chance to play with others with whom they don’t usually compete. For instance, he said, there are some who play for YS

recreational teams on post and some that play for schools. Normally the two groups cannot compete against one another because individuals who play school ball cannot play on recreational teams.

Night Hoops also gives middle school youth a chance to play. In the past an all-girls’ team even played against all boys, Jones pointed out noting that the possibilities are endless.

“They just really get to mix it up and have a lot of fun,” he said. “Response to the program has been overwhelming. We’ve had a great turn out over the years because the kids really get into it. Night Hoops will definitely continue as long as the youth continue to show interest in it.”

Jones said plans are in motion to implement Night Hoops for a younger age group due to popular demand from School-Aged Services enrollees here.

For more details about YS programs, call 788-2403/3957.

Sports Roundup

HHC APFT continues

Headquarters Company Fort Monroe is conducting its semi-annual Army Physical Fitness Test with seven sessions remaining during November.

All HHC, TRADOC and Fort Monroe assigned Soldiers are required by Army regulation to take the test. Individuals with a medical profile that prohibits participation in the APFT must still complete the weigh-in.

The remaining APFT test dates are as follows: Nov. 9, 10, 16, 18, 23 (Accessions Command only), 24 and 30. All sessions begin at 6:15 a.m., at the Community Activities Center.

The Army Physical Fitness Uniform will be worn during testing. Only the APFU shorts, T-shirt and socks will be worn for the weigh-in, which must be conducted within 72 hours of the APFT.

For more information, call Staff Sgt. Tonya Haskins at 788-3927.

Youth bowling

Participants are being sought for Fort Monroe's Saturday morning youth bowling league.

Organizers describe the league as a great time to build new friendships and enjoy friendly

competition. Participants will also be eligible for various prizes, including a new bowling ball and other bowling-related items. For more information, call the bowling center at 788-2939.

Youth sports signups

The registration period for Fort Monroe's youth basketball and cheerleading programs will continue through Nov. 18.

Teams are being organized for children between the ages of 6 and 15 for cheerleading, and 5 to 15 for basketball.

The registration fee for the basketball program starts at \$40 with a reduced fee for additional children in the same family. The fee for cheerleading is \$35 with an identical discount for families.

A current physical is required for both programs. All participants must be current members of Child and Youth Services. For more information, call 788-3957.

ODU basketball

The ODU Monarchs and Lady Monarchs have begun preseason play at the Constant Center. The teams are offering special ticket plans, such as the five-game-pass, to encourage spectator turnout. For team schedules or to reserve tickets, call 671-8100.

6th Annual Halloween Golf Classic Results

1st Flight	2nd Flight	3rd Flight
<u>1st Place</u>	<u>1st Place</u>	<u>1st Place</u>
Mike Mack	Ben Weigle	Tom Lederle
Jeff Anderson	Jamie Sisler	David Taylor
Bob Guadango	Joe Moore	Mike Bobrick
Ken Van Mulikum	Neal Harrison	Purnell Kagler
<u>2nd Place</u>	<u>2nd Place</u>	<u>2nd Place</u>
Barry Buchanan	Ray Law	Ron Finchum
Mark Sciacchitano	Quentin Lewis	Nick Dinunzio
Dennis Cooper	Bob Barkers	Bob Edwards
Jack Minicler	Jay Gentry	Donnie White
<u>3rd Place</u>	<u>3rd Place</u>	<u>3rd Place</u>
John Baer	Chuck Boaz	<u>Mike Daknis</u>
George Burt	Frank Miller	Lee Martin
Bud Kelly	Mangenious Jackson	Jack Bizzel
John Leo	Tim Green	Mike Keasy

Closest to the pin contest winners - Jacqueline Goins and Jerry Grizzle.
Longest drive contest winners - Jackie Parker and John Minicler



Tina "Windwalker" Turlington, a local Native American of Cherokee descent, blesses indian artifacts outside the Casemate Museum Oct. 29. Turlington lent the items to Monroe for display during Native American Heritage Month.

Post continues celebration of Native American Heritage

An interactive presentation by a nationally known historical group, and a lunchtime field trip to the Hampton University Museum, are among the continuing events Fort Monroe has planned for its celebration of Native American Heritage Month.

On Nov. 15, the Jamestown-Yorktown Foundation will present a program titled "Living with the Indians," from 10 to 11 a.m. at the Bay Breeze Community Center.

The program will include discussions on how the Powhatan Indians obtained food, the role of males and

females in the Powhatan society, and a comparison of Indian society to our way of life.

That will be followed by a Nov. 18 field trip during which participants will be given a guided tour of the "Enduring Legacy: Native Peoples, Native Arts at Hampton" exhibit at Hampton University.

The bus will depart from the Community Activities Center at 11 a.m. Those interested are asked to sign up in advance by e-mailing rudy.boisseau@monroe.army.mil. Both events are free and open to the public.

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3 X 3.5
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MoatNotes

UPCOMING SPOTLIGHT EVENTS

Army Soldier Show Nov. 9 Retirement Ceremony Nov. 19
Bloodmobile Nov. 10 JTFCS Change of Command . . Nov. 19
Smoke Out Walk/Run Nov. 16 Holiday Bazaar Nov. 21
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



Nov. 5

Chili cook-off

Fort Monroe's Casemate Community Connection is hosting an Indoor Tailgate (Party) and Chili Cook-off today at 7 p.m. in the Bay Breeze Community Center. Competitors will man their ladles for the best chili recipe contest, with prizes for 1st and 2nd place. A basket auction will also take place after the competition. This event is open to the public. Tickets are \$12, and include samples of all chili recipes, salad, bread, desert and coffee or tea. All proceeds from this event go to the CCC welfare account. For more information, call 727-9646.

Coloring book

Children and their families in Hampton roads can take a colorful journey with Elmo, Oscar, Big Bird and the rest of the Sesame Street Live friends during the live stage production of "Elmo's Coloring Book," today through Sunday at the Constant Center, located on the grounds of ODU. Elmo and his friends join Professor Art and his helpers, the Palettes, as they travel into their drawings to ancient Egypt, the land of the dinosaurs, and a very musical junkyard. Along the way, they learn the importance of sharing, diversity and acceptance of others. Tickets for the show start at \$12. Performance times vary, with mid-morning and early afternoon matinees scheduled over the weekend. For more information, call 683-4444. Or to reserve tickets, call 671-8100.

Schooner visit

Freedom Schooner Amistad, a recreation of the historic vessel made infamous by the Amistad Incident of 1839, is making its first-ever port visit to Hampton this weekend. Public tours begin today at noon, 9 a.m. Saturday and 3 p.m. Sunday. The vessel is docked at the public piers along the Radisson Hotel waterfront. Admission is \$7 for adults and \$5 for senior citizens and children 17 and under. Tickets may be purchased dockside. For more information about the Amistad, visit www.amistadamerica.org.

Camerata Sweden

Sweden's leading chamber orchestra, Camerata Sweden, performs at the American Theatre, Phoebus, today at 8 p.m. Camerata Sweden is one of the most acclaimed chamber orchestras in Europe. The 15-member ensemble

Gorgeous gourds...



Photo by Patrick Buffett

Christopher Shanks admires a huge patch of pumpkins on sale at Clarke's Farm in Chesapeake during an October Fort Monroe Child Development Center visit. During the outing the youngsters took a hay ride and were given an opportunity to pick out pumpkins to bring home.

ble is renowned for its characteristic interpretations of enchanting beauty and musical balance. Tickets are \$25 and \$30, with discounts available for students, seniors and military members. For more information, visit www.theamericantheatre.com.

Nov. 6

'Emperor's New Clothes'

A hilarious adaptation of the classic fable "The Emperor's New Clothes" is coming to the American Theatre, Phoebus, Saturday. Shows are at 11 a.m. and 2 p.m. When it comes to fashion, this emperor knows it all ... or so he thinks. Two charlatans convince the ruler they can weave the world's most exquisite fabric. The con artists then pull a clever trick that shows the emperor's foolishness. This show is suitable for children as young as age 5. Tickets are \$6 each. For more information, or to reserve seats, call 722-2787.

York Christmas

The Gallery at York Hall will host a "Christmas in Yorktown" Open House Saturday and Sunday,

featuring works by Dick DePaul, Grafton High School student art, and pieces from the senior center. Saturday hours are 10 a.m. to 5 p.m., and Sunday hours are noon to 5 p.m. Refreshments will be served. For details, call 890-4490.

A day in 1861

Through re-enactments, demonstrations and crafts, Lee Hall Mansion, Newport News, will transport visitors back to the Civil War years during a special program Saturday from 10 a.m. to 4 p.m. Guests can meet civilians and soldiers, learn about period fashions and enjoy tales of life in the 1860s. The program is included with regular admission. Lee Hall Mansion is located just off I-64, Exit 247. For more information, call 888-3371.

Nov. 10

Langley bazaar

Turkish rugs, gold jewelry, Irish Christmas ornaments, silk flower arrangements and fabulous antiques will be among the offerings of the Langley Officers' Wives'

Club 5th Annual Fall Bazaar, which begins Wednesday and continues Nov. 12, 13 and 14 after the Veteran's Day break. The event will be held at the Langley Air Force Base Officers' Club. Shopping hours for Wednesday and Nov. 12 are 10 a.m. to 7 p.m. Weekend hours are 10 a.m. to 3 p.m. For more information, contact Staci Boschert at 224-2535.

'Polar Express' 3D

Tom Hanks' newest effort, "The Polar Express," is coming to IMAX Wednesday in a digitally re-mastered 3D format. Audiences will become totally immersed in this experience ... grasping at falling snowflakes, ducking as the train screeches into their lap and actually feeling the howl of the steam whistle via 12,000 vwatts of surround sound. The Riverside 3D IMAX Theater at the Virginia Air & Space Center is located at 600 Settlers Landing Road in Hampton. For information on tickets and showtimes, call 727-0900, ext. 703.

Nov. 11

Museum celebration

The Virginia War Museum, Newport News, will celebrate its 81st anniversary Thursday with a special Veteran's Day ceremony and discounted admission to its extensive display of memorabilia. The Veteran's Day ceremony begins at 11 a.m. at the Victory Arch in Newport News. After the observance the public is invited to stop by the museum — located in Huntington Park — to check out its nine galleries that explore America's military history from 1775 to present day. Regular admission is \$6 for adults, \$5 for seniors and \$4 for children age 7 to 18. For more information, call 247-8523.

At The Movies

Showing at the Langley Air Force Base and Fort Eustis Theaters

Friday, Nov. 5
7 p.m. — Resident Evil: Apocalypse (R)
Saturday, Nov. 6
2 p.m. — The Forgotten (PG-13)
Friday, Nov. 12
7 p.m. — Ladder (PG-13)
Saturday, Nov. 13
2 p.m. — First Daughter (PG)
7 p.m. — Raise Your Voice (PG)

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. Special movie showings are available. Contact John Low at LowJ@aafes.com or 766-1237 for details.

ACS offers a Newcomers Briefing the second Thursday of every month. A short overview of the services available on post and in the surrounding community is discussed. Call 788-4344 or 3878 to register.

Thousands of jobs available

The Office of Personnel Management reports that five federal departments employ more than a million people — close to half of the total 2.7 million federal civilian workers. They are the:

- Department of Defense
- Department of Veterans Affairs
- Department of Homeland Security
- Treasury
- Department of Justice

When looking for employment, it makes sense to concentrate your efforts in areas that have the greatest opportunity. You can link to recruiting sites for these individual agencies within each of these departments at Federaljobs.net. Be sure to pay attention to required information when applying for these jobs and completing your application or resume. If you exclude required information, your application will be rejected.

If you need employment assistance, call the ACS Employment Readiness Manager, Bill Smith, at 788-3787.

(This information is taken from an article by Dennis V. Damp that appeared on Monster Career Advice: <http://content.monster.com>)

Toddler Time play morning

The Soldier and Family Support Center sponsors a “Toddler Time” playgroup each Monday (except holidays) from 9:30 to 10:30 a.m., in the gymnasium of the Community Activities Center.

All children under age 6 are welcome. Tents, balls, pull toys and other fun things are available. On the first Monday of each month, a playgroup also meets at the indoor pool from 10 to 11 a.m. Bring your bathing suits (and swim diapers for those who are not completely potty trained).

Toddler Time is designed to help children develop their social skills through unstructured playtime. The program is also a great opportunity for parents to share experiences, swap stories and ask for advice about parenting issues.

Toddler Time is open to active duty service members, family members, DA civilians, and retirees. To register or obtain additional information, contact Kathleen Miller at 788-3878.

Anger Management Classes

ACS sponsors Anger Management Classes at Qtrs. 1, each Monday from 11:30 a.m. to 1 p.m. Call Allen Reed at 314-7910 or Kathleen Miller at 788-3878 to register. All persons must attend eight sessions to receive a letter of completion.

Army Family Team Building

Army Family Team Building classes are conducted each Wednesday at the Soldier and Family Support Center, Qtrs. 1, from noon to 1 p.m. Classes are free and open to everyone. Call 788-3878 to register. The class schedule is as follows:

- Nov. 10 - Intro to Effective Leadership** - Provides instruction on leadership traits from the perspective of the group and leader. It covers communication essential for effective leadership.
- Nov. 17 - Leadership Skills** - Instruction examines the characteristics of strong leadership. Students use case studies and the leadership style inventory to dissect approaches to leadership.

- Dec. 1 - Personality Traits** - Instruction describes methods of identifying various personality traits and how to benefit from them.
- Dec. 8 - Building Self-Esteem**- Students learn how to empower themselves and gain a higher self worth. Students also will learn how to take care of themselves first so they can help others.
- Dec. 15 - Building a Cohesive Team** - Students will learn how to build cohesive teams by capitalizing on the uniqueness of each member.
- Dec. 16 - AFTB 10th Birthday Open House** - Time to be announced. Join the party and celebrate with cake and ice cream. Come see what's new!

4 X 10
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2 X 4
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Chinese leaders visit Fort Monroe

Gen. Liang Guanglie, Chief of the General Staff of the Chinese military, left, and Maj. Gen. Jerry Grizzle, Joint Task Force - Civil Support commander, speak during a recent visit to the JTF-CS headquarters at Fort Monroe. The Chinese delegation consisted of 19 high-ranking military officers. They received briefings from the JTF-CS on how the U.S. handles homeland security issues.

Photo by Seaman Sarah Cahill, JTF-CS PAO

NEWS CLIPS Continued from Page 5

German celebration

Fort Monroe's German Army Liaison Staff and the Tidewater German-American Society are teaming up for a special memorial observance Nov. 14.

An official German Memorial Day ceremony will begin at 11 a.m., at the Hampton National Cemetery, Phoebus section. Open to the public, the event will include international participation from U.S. Army TRADOC's foreign liaison office, as well as distinguished guests from the U.S. military and local communities. Following the ceremony, there will be a no-host luncheon at the Bay Breeze Community Center. For reservations, call Joe Rodriguez at 875-1610.

The annual German Christmas Service at the Chapel of the Centurion is also coming soon. The service is scheduled for Dec. 14 beginning at 6 p.m.

For more information about any of these programs, call 788-3639 or 2703.

ROCKS meeting

The Hampton Roads Chapter of ROCKS Inc., will hold its monthly general membership meeting on Nov. 9 at 6:30 p.m., at Armstrong-Slater Hall, Hampton University.

ROCKS promotes professionalism, mentorship and counseling among military officers from pre-commissioning (cadets) to post transition (retirees). The organization is dedicated to encouraging and improving military citizenship, community service and professional networking.

The guest speaker for the event is Command Sgt. Maj. Anthony Williams, TRADOC CSM. For more information, call 836-3945.

Toastmasters meeting

The Future Leaders and Thinkers Toastmasters Club will meet at 11:40 a.m., Nov. 15 in the 2nd floor ACA Conference Room of Building 10.

Structured, self-paced programs are provided to help you improve your communication skills. Guests are welcome. For more information, contact Janet Geisler at 788-2407, or Donna Satisfield at 788-3864.

Holiday bargains

Many potential gift items for the upcoming holiday season can be found at the Fort Monroe Thrift Shop, now located along Walker Airfield.

Electronics, winter clothing, jewelry, pots, pans and dishes are just some of the merchandise available at the secondhand store. You might find the perfect item for that hard-to-shop-for person on your list.

The shop is open every Tuesday and Friday from 10 a.m. to 2 p.m. Consignments are accepted from 10 a.m. to 1 p.m. on those days. The

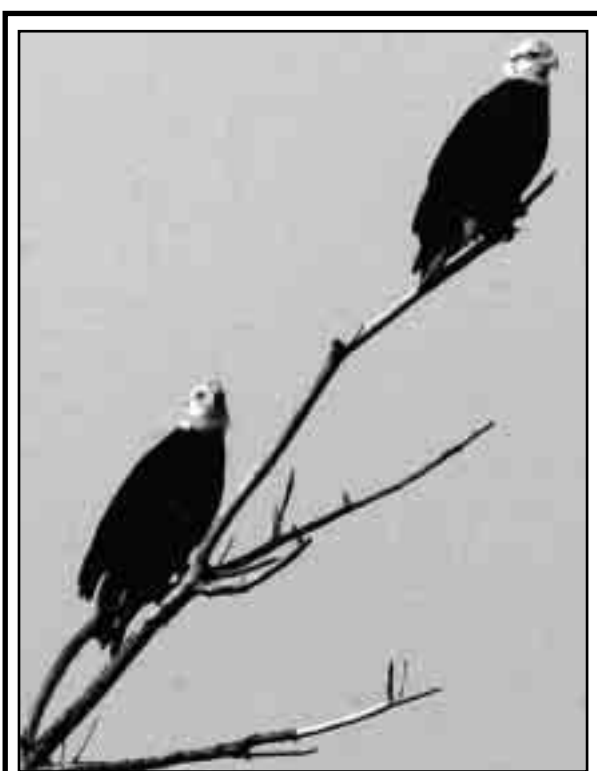


Photo by Patrick Buffett

National Treasures

A pair of bald eagles keep watch for prey and approaching onlookers during their visit to Fort Monroe last week. The birds were most likely marking territory during their visit, according to an expert from the post Environmental Office. The bald eagle is on the "threatened" species list in America and is protected by federal law.

shop will be closed Nov. 12 in observance of Veteran's Day, and Nov. 26 in observance of Thanksgiving. For Christmas, the shop will close at 2 p.m., Dec. 14 and reopen Jan. 11 at 10 a.m.

For more information, call 788-2566.

Holiday homes

The USO of Hampton Roads is asking the local community to share in the spirit of Thanksgiving by opening their hearts and homes to single military personnel who won't be able to go home for the holidays.

Families who would like to share their Thanksgiving meal with a service member should contact Danis Lensch at 289-5915 by Nov. 19. Further information is also available at the USO of Hampton Roads Web site: www.usohr.com.

News announcers needed

All Soldiers are invited to audition for news announcer positions for a local military televi-

sion program now in development.

Applicants must meet Army height and weight standards and be comfortable reading news stories in front of television cameras in a studio setting. These are volunteer positions offering an excellent opportunity to represent the Army in the Hampton Roads area.

To arrange an interview and possible audition, contact Greg Mueller at 788-3170.

Be a 'Ding-A-Ling'

The Salvation Army's traditional Red Kettle Campaign went into full "ring" at local shopping areas earlier this week, but passers-by are noticing a new look for the charitable effort this season.

Prominently placed signage is heralding the participation of individuals, families and/or business groups who have accepted the challenge to be a volunteer "Ding-A-Ling." The Salvation Army continues its search for volunteer bell ringers. Shifts are available Monday through Saturday up until Christmas Eve.

Participants can have their name, or even an organization logo, added to a sign at each location to advertise their support of one of the world's most admired and trusted charities. The organization is also fostering its spirit of fun by encouraging volunteers to be creative with brightly colored costumes, holiday headgear or even carolers and musicians.

Office groups at Fort Monroe considering this volunteer opportunity should contact the Civilian Personnel Assistance Center for guidance on participation in charitable activities during work hours. For more information about the Ding-A-Ling program, call the Salvation Army at 838-9143 weekdays only from 9 a.m. to 4 p.m.

Mommy mentors

The Working Moms Survival Network, Newport News, is looking for volunteer mentors with experience in single-parenting and/or job survival skills.

Through the program, low-income working mothers are given the opportunity to develop the knowledge and skills needed to successfully maintain a healthy home and family environment as well as manage a productive career.

Mentors play an integral role by offering honest advice, peer support and the spirit of friendship. The estimated time commitment can be as little as five hours per month; however, the organization asks for a volunteer commitment of at least six months.

Training on the principles of mentorship and available community resources is offered. Volunteers are also eligible for periodic prizes and participation incentives. For more information, contact Dorrie Thompson at 926-6410.